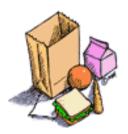
## Student Handout: Calories to Burn



**Directions**: This worksheet will help you determine how many calories you eat in a day and how many calories you burn each day.

- 1. Use the table on the first page of this handout to keep a diary of the foods you eat for one day. In the last column you will record the calories for each food listed.
- 2. Use the information and formulas on the next page to calculate the average number of calories you eat each day and the average number of calories you burn each day.

## **Food Diary**

Morning/ Breakfast	Afternoon/ Lunch	Evening/ Dinner	Snacks	Calories